

Residual Limb Care



Proper limb and skin care is essential to your health and mobility. Prosthetic sockets trap sweat and prevent air from circulating around your residual limb, which can create a virtual paradise for bacteria. Bacterial and fungal infections can lead to skin irritation, abrasions and eventually skin breakdown. Left unchecked, this could lead to infection and ulcerations, leaving you unable to use your prosthesis for an extended length of time.



Serving a Location Near You

Philadelphia County

1500 South Columbus Boulevard
2nd Floor
Philadelphia, PA 19147
(215) 271-9476

Delaware County

2711 Edgmont Avenue
Brookhaven, PA 19015
(610) 894-9476

New Castle County

550 South College Avenue
Suite 111
Newark, DE 19713
(302) 894-9476

Kent County

4092 North DuPont Hwy
Dover, DE 19901
(302) 744-9476

Sussex County

19160 Coastal Highway
Unit A
Rehoboth, DE 19971
(302) 212-5552



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Important Tips



It is important to consider...

- It is important to monitor the condition of your residual (amputated) limb every day.
- It is not unusual for an amputee to continue wearing a stump shrinker at night and wear his/her prosthetic device during the day.
- Wearing an ill-fitting prosthesis or the wrong combination of socks can cause pressure on your limb that can result in skin abrasions, breakdown, or blisters.

- **Skin breakdown typically results from friction caused by movement of the residual limb in the socket due to a socket fit that is too loose or due to the socket being too tight in a specific area.**
- **It is not unusual for portions of your residual limb to be red when you remove your liner after wearing your prosthesis. If this redness goes away in 5-10 minutes, then you should not be concerned.**

- You should clean your residual limb every day to remove sweat, dry skin, etc.
- You should not shave the hair on your residual limb, but instead clip it short to $\frac{1}{4}$ inch in length to avoid irritation.
- If you experience any skin breakdown, you should contact your Prosthetist to see if anything can be done to eliminate the source of the problem.
- If you apply lotion to your residual limb, apply it in the evening so that it can be absorbed into your skin while you sleep.
- If you develop sores on your residual limb, do not pad over them. Doing so will increase the pressure on the area and potentially make the situation worse. If you develop sores, consult your Prosthetist or Physician.